

Officer Survival/Winning and Scenario-Based Practicum

**Southeastern New Mexico Law
Enforcement Academy**

Revision: December 2012



Officer Survival

- What are the goals and objectives of this training session?
 - Restore faith in our profession
 - Affirm and strengthen Warrior values
 - Duty
 - Honor
 - Loyalty
 - Courage
 - Strength
 - Selflessness
-



Officer Survival

- Develop a “warrior mindset”
 - Apply our mindset to our mission
 - Prepare us for tactical and emotional survival
 - Make us harder to kill!
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Officer Survival

- What is a warrior mindset?
 - Former Navy Seal and author of "[Unleash the Warrior Within](#)" Richard Machowicz says it clearly: "Being a warrior is not about the act of fighting. It's about being so prepared to face a challenge and believing so strongly in the cause you are fighting for that you refuse to quit."



Officer Survival

□ Warrior Mindset ...

- In the book "Warrior Mindset," Lt. Col. Dave Grossman says, "In the end, it's not about the 'hardware,' it's about the software. Amateurs talk about hardware or equipment, professionals talk about software or training and mental readiness." In other words, another way of looking at warrior mindset is with mental readiness.



Officer Survival

- Everyone knows what it feels like doing something for the first time. You are unsure of yourself and you overthink it. You sometimes second guess yourself to the point of inaction. A big part of your success depends on your mental readiness to see it through. You have to be prepared for the difficulties that lie ahead and drive on.
-



As we begin - something to think about ...

- In your lifetime, you've know people who died. You've heard of many others. But you always lived on. You survived. You're still alive.
 - That kind of experience *can, if you let it*, lead you into a false sense of security – of your own invulnerability.
-



Something to think about

- It can tend to make you think of death (or serious injury) as something that continually strikes thousands and thousands of *other* people – both older and younger than you- but always leaves you still alive.
 - Eventually, you can begin to take your continued survival for granted.
-



Something to think about

- But you know you're not really exempt. You could die today, tomorrow, or next Friday. What would it be like?
 - Let's assume it is this coming Friday, you're the new guy so you have to work the holiday weekend. You're on duty and in uniform
-



Something to think about

- ❑ Next Friday, 3:44 p.m. – You're found in the street, face down.
 - ❑ Friday, 3:57 p.m. – You're loaded into an ambulance.
 - ❑ Friday, 4:12 p.m.- Inside the hospital emergency room, doctors pronounce you dead on arrival.
-



Something to think about ...

- Friday, 4:29 p.m. – An officer knocks on your front door, dreading the message he has to deliver to your family.
 - Saturday, 8:40 a.m. – The medical examiner performs an autopsy on your body.
 - Sunday, 1:10 p.m. – The mortician prepares you for burial.
-



Something to think about ..

- Monday, 10:00 a.m. – Your memorial service is attended by officers from your department and the surrounding area.
 - Monday, 11:20 a.m.- Your casket is loaded into the hearse. Officers escort your funeral procession to the cemetery.
 - Monday, 12:09 p.m. – Pall bearers move your casket from the hearse to your grave site.
-



Something to think about ...

- Monday, 12:30 p.m. – After a brief graveside service, officers file past your final resting place as they leave the cemetery.
 - Monday, 2:17 p.m. – After everyone is gone, cemetery workers lower your casket into a hole in the ground and dump 110 cubic feet of dirt on top of you including a mound of earth on top.
-



Something to think about ...

- Tuesday, 8:30 a.m. – the cemetery workers have moved on to the next job. Your remains lie beneath a flower-covered mound of dirt. A small metal sign at the head of your grave marks the spot where next month a marble stone will carry the epitaph of an officer who died too soon.



Something to think about ...

- Tuesday, 8:30 a.m. – continued: A few miles away, your agency will begin the process of selecting your replacement. And your family will begin the sad task of facing life without you
-



Survival/Winning

□ Some very real perspectives:

- You are in a high-risk occupation.
 - You run an increased risk of dying an unnecessarily premature death.
 - You have to be more concerned with considerations of personal survival than most other people do.
-



Survival/Winning

- Where do you start? – Between your ears ...You make up your mind that...
 - You're not going into the ground next Monday.
 - You're going to control your risks.
 - You're going to stop taking your survival for granted.
 - You're going to quit assuming that you will always come home alive and well just because you always have before.
-



Survival/Wining

- You make up your mind that you're going to set survival/winning as a personal goal, and that you are going to work at it, just as you would with any other goal. You have to internalize your training
 - Keep in mind – the risks never go away. Neither should your concern for survival/winning. The practices you follow to protect yourself are up to you.
-



Inmate Comments ...

- In-progress robbery call. Responding officer was killed. Q&A with the inmate:
 - Q. *At the moment you squeezed he trigger, what thought was going through your mind?*
 - A. Escape. The officer was a threat to my freedom and to my greed for the money. He was in the way.
-



Inmate Comments ...

□ ... Continued:

- Q. *What mistakes do you think he made?*
- A. He should have waited for a back-up force. He could have hidden and issued a verbal challenge – “Drop your weapon, I’ve got you covered!” ... “Come out!” Anything. He should have never stepped into that doorway, putting his body in jeopardy.



Inmate Comments ...

□ ...Continued:

- Q. *Now, you're a weightlifter, you keep yourself in good shape. How would you compare your physical and mental fitness for dealing with a shooting situation versus the officers you knew when you were on the street?*



Inmate Comments ...

□ ...Continued:

- A. Most police officers are not conditioned. They're overweight, they drink a lot of beer, they stay up at night and they don't sleep very well. I think most have got ulcers, heart trouble, premature illnesses. But a person that keeps himself conditioned, his mind is steady, his eyes are clear, his aim is good. He's got more stamina, more patience, a sharper perspective on things.
-



Inmate Comments ...

- Traffic stop & citation. Inmate noted,
“One word led to another and the officer hit me. When he hit me, he went for his gun and I went for mine. I just beat him to the shot. He died and I wounded his partner.”
 - *Q. How did you feel the moment you shot the officer?*
 - A. I didn't have any feelings at all.
-



Inmate Comments ...

- ... Continued:
 - Q. *From your experience, how well do you think officers are prepared in shooting situations?*
 - A. Mentally, I don't think they are prepared that well. A policeman's job isn't for everyone. It takes ability, it takes courage, it takes patience, and a feeling for humanity. ...continued
-



Inmate Comments ...

- ... Continued:
 - A. ... But most officers are scared, they're nervous, they're prejudiced.
-



Inmate Comments ...

- Armored Car Robbery -Responding officer was killed. Q&A with the inmate:
 - Q. *What do you think the easiest way would be to take out a cop?*
 - A. To watch his movement. In my experience, officers just come through the door with their gun unholstered, not knowing where the criminal is located.. They leave themselves vulnerable ...no protection. Continued
-



Inmate Comments ...

□ ...Continued:

- A. ...I think it's an emotional reaction, because a great deal of your officers is actually afraid, so the thing that mostly runs through their minds is I have to get in there, make this arrest and thats it. They never look at the possibility of being killed in the process.



Inmate Comments ...

□ ...Continued:

- Q. *What odds do you give an officer in a robbery situation?*
- A. I would give the police a 30% chance of living, once he walked through the door. I know what I've come for and I want to get away, so my objective is higher than any officer that plan to arrest me.



Inmate Comments ...

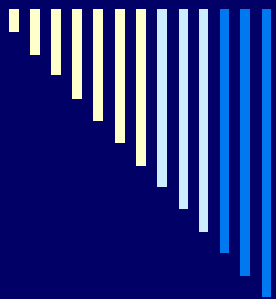
□ ...Continued:

- Q. *And you think you're better prepared than the officer?*
 - A. Definitely. Criminals study the police. I've studied the way police move, their emotional anticipations. I always watch the officer, not for his eyes or his hands – his chest part. I have his chest part in visual sight.
-



Inmate Comments ...

- One offender who said that he had evaluated the officer's behavior prior to taking aggressive action, stated the following:
 - *"The officer was not authoritarian and did not take control of me. He was a willing participant in his death."*



Officer Survival

“I am special”

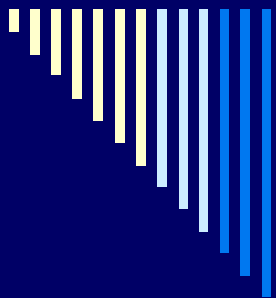
- “ I am special.”
- “Someone else will take care of me.”
- Some officers construct for themselves what psychologists call a ‘personal fable.’ This is a fantasy of being special and not subject to the natural laws which pertain to others.



Officer Survival

“I am special”

- The “story” these officers tell themselves about themselves is that nothing bad is ever going to happen to them. Or because they just never happen to run into the wrong situation at the wrong time, they believe the poor tactics they use are really satisfactory.



Officer Survival

“I am special”

- A bit of graffiti scrawled in the squad room of one police station tells the truth:
 - “This ain’t the movies and you ain’t John Wayne.”



Officer Survival

FBI Statistics

- ❑ The FBI statistics which follow on the next slides are depressing and difficult but they are very relevant to your instruction and your study.
- ❑ Regardless of what we call them, keep in mind that they are only benchmarks of what has happened in the past, not of what must happen in the future. Consider them for what they are...use them as an assessment and training tool to keep you winning and alive.



Officer Survival

FBI Statistics

- **For Immediate Release**
FBI National Press Office
FACT SHEET FOR
LAW ENFORCEMENT OFFICERS KILLED AND
ASSAULTED, 2010 Information from the FBI's Uniform Crime Reporting Program released today in its annual publication Law Enforcement Officers Killed and Assaulted, 2010, revealed that:
- In 2010, throughout the Nation, 56 law enforcement officers were feloniously killed in the line of duty.
- Fifty-five officers were killed in firearms-related incidents in 2010. Seven officers were killed with their own weapon. Twenty-one officers were killed with a firearm when they were 0-5 feet from the offender.
- Thirty-eight were wearing body armor at the time of their murders. Twenty-five of these were shot in the head.



Officer Survival

FBI Statistics

□ Of these felonious deaths:

- 14 occurred as a result of felonious assaults during arrest situations
7 officers were killed during traffic stops/pursuits
- 3 during tactical situations
- 15 were as a result of ambush situations
- 8 officers were investigating suspicious persons/circumstances
- 6 were responding to a disturbance call, and
- one was handling, transporting or had custody of a prisoner.



Officer Survival

FBI Statistics

- In 2010, 53,469 law enforcement officers were assaulted while performing their duties, and 13,955 officers suffered injuries as a result of these attacks. **(Based on 11,108 reporting agencies providing service to 76.2% of the Nation's population.)*
- 81.8% of the officers [42,828] assaulted in 2010 were attacked with personal weapons (hands, fists, or feet). 11,178 suffered injuries.
- 3.4% of the officers [1,817] were assaulted with firearms. 210 suffered injuries.
- 4.5% of the officers [2,406] were assaulted with knives or other cutting instruments. 339 suffered injuries.
- 13.1% of the officers [7,004] were assaulted with other dangerous weapons. 1,639 suffered injuries.



Officer Survival ODMP Statistics

- According to ODMP.org:
 - 2011 – 174 line of duty deaths
 - Gunfire – 67 Accidents – 36
 - 2012 – 113
 - Gunfire – 40 Accidents – 22
 - Go to this website regularly. It will remind you of what you can so easily forget – this job is dangerous!
-



“Winning” .vs ‘Surviving’

- To begin, when addressing deadly force threats, it is important to understand that there is a major difference between “winning” and ‘surviving.’
- ‘Surviving’ simply means that you have managed to live through the event. “Winning”, on the other hand, means you have not only lived through the event, but have also defeated the opponent, regardless of who or what it may have been.....



“Winning” .vs ‘Surviving’

□ Consider an armed encounter....

- Your objective should be much more than to simply ‘survive’/live if and whenever you are assaulted.
- Your mental state, tactics, training, etc. should all be used to “win” the encounter from the onset. (i.e., immediately recognize the threat, immediately develop an action plan, and immediately implement the plan.



4 Levels of Survival

#1.

- Survive = Stay Alive!
- The most important and fundamental level of survival is to stay alive. If you fail to survive, there are no future worries for you, but your family and loved one must now deal with your inability to survive. To accomplish this, one must be prepared both physically and emotionally to prevail. This means that you must know some physical skills of self-defense and have the appropriate mind set.

Chief Instructor Anthony M. Cataldo, Universal Combat Martial Arts



4 Levels of Survival

#2.

- Stay Whole = Physically & Mentally
- Secondly, stay whole physically and psychologically, minimize physical injury to yourself and avoid psychological trauma by adopting the proper mind-set. Minimizing injury is the likely reality, not eliminating injury to oneself. The fact is that you probably will get hurt, so be prepared to fight injured and prevail. Deal in advance with the possible feelings of guilt or frustration from the incident.



4 Levels of Survival

#3.

- Avoid Criminal Conviction = Jail
- The third level of survival consists of avoiding criminal prosecution and conviction. Just because one is prosecuted, it does not necessarily mean one will be convicted. You want to stay alive, avoid serious injury and stay out of jail.



4 Levels of Survival

#4.

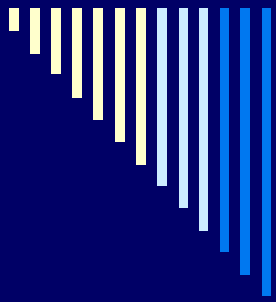
- Financial Freedom = Civil Lawsuit
- The final level of survival is to maintain financial freedom, avoid losing a civil lawsuit for your actions of self-defense. Take note I wrote avoid losing the civil lawsuit, as opposed to avoid being sued civilly, because in our litigious society it is almost a guarantee that you will be sued.



Components of Survival

Mental Preparation

- The appropriate mind set is the first requirement for any effective self-defense strategy. Awareness and mental preparation are everything in real world situations. The mind must be trained just as the body is trained. Train the mind and the body will follow.
 - Your mind is the most important tool you have!
-



Components of Survival

Mental Preparation

□ *“Being unprepared will bring about defeat unless you are truly exceptional, and there are very few who fit that description.”*

□ Sun Tzu



Components of Survival

Mental Preparation

- There are numerous factors that may inhibit one's ability to respond effectively in a self-defense crisis. The primary factor is hesitation, with the lack of confidence and conviction of one's actions in response to a spontaneous threat.



Components of Survival

Mental Preparation

- The other factor is our fascination for substituting gadgets and quick fixes for training and competency.
- To help eliminate or reduce these factors, one must train and mentally construct pre-planning to various potentially lethal situations. **Learn to fight with intent and will, not fear and panic.**



Components of Survival

Mental Preparation

- The proper mind set is one of decisiveness and confidence in one's skill and ability in perception and situational awareness to an anticipated attack.



Components of Survival

Mental Preparation

□ *“Mental decisiveness can significantly minimize danger and risk. The more decisions you’re able to make before an encounter with an opponent, the better off you will be. There can be no room for indecision ...*

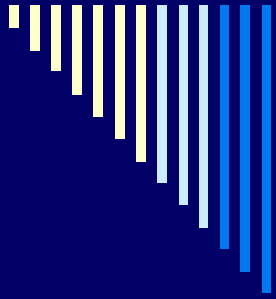
■ - Peyton Quinn



Components of Survival

Mental Preparation

- **Mental Preparation** – A life or death encounter can happen at any time, any assignment, on or off duty...prepare for it.
- Rehearse tactical situations
- Use when/then thinking rather than if/then Consider many different situations you may encounter.



Components of Survival

Mental Preparation

- ALWAYS WIN DURING MENTAL REHEARSAL!

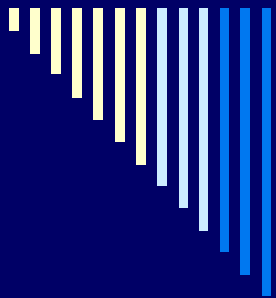
Developing the Survival Attitude, Phil Duran



Components of Survival

Mental Preparation

- Keep the 5 Ps in mind – Prior Planning Prevents Poor Performance.
 - Religion ... if it is a part of your life – consider the following statement: The officer who is right with his/her God is the one who is hardest to kill because s/he has no fear of death Get right with God.
-



Components of Survival Equipment

- ❑ Should be the best available
- ❑ You must know how to use it in a working environment
- ❑ You must train using your equipment (vests, holsters, etc.)
- ❑ Your equipment must be properly maintained.



Components of Survival

Physical Preparation

- Always remember, the mind and body are connected.
 - There are minimally three parts to physical preparation:
 - (1) fitness
 - (2) defensive tactics
 - (3) arrest techniques
-



Components of Survival

Physical Preparation

Fitness:

Aerobics (cardiovascular system)

Strength (muscles and endurance)

Flexibility (prevent pulled muscles from inactivity – i.e., sitting for prolonged periods in a patrol car.)



Components of Survival

Physical Preparation

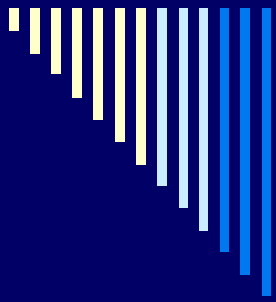
- Defensive Tactics:
 - Critical to practice and maintain (psychomotor skills are perishable)
 - Gross motor skills can be applied during high-stress situations)
 - Fine and complex motor skills become increasing difficult with increasing heart rate. Can only be applied in high stress situations after having been practiced with thousands of repetitions.
-



Components of Survival

Physical Preparation

- Arrest Techniques:
- Control of suspects and application of handcuffs is a critical aspect of survival
 - Positions for applying handcuffs
 - Positions and levels of suspect control are important Can make the offender combative or cooperative
 - Prevention of injury if at all possible



Components of Survival

Tactics

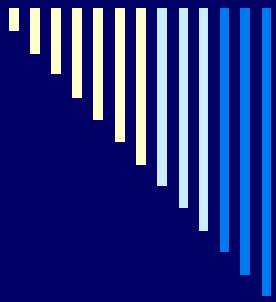
- ❑ Mental and physical tools
- ❑ Tactics should be flexible and each one should have a definitive purpose
- ❑ You must learn to properly evaluate circumstances
- ❑ You must control yourself! Your mind is your most important tool.
- ❑ You must stay prepared and effectively adapt to changing conditions.



Components of Survival

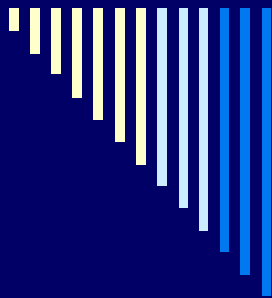
Shooting Skills

- ❑ Basic marksmanship beyond qualifications has limited value...high stress practical training has high value.
- ❑ Shoot with both of your eyes open
- ❑ Practice, practice, practice, “flash-sight picture”
- ❑ Engage in different shooting exercises, particularly those that require decision-making.



Officer Survival Priorities

- As a police officer you must realize that your priorities are:
 - 1. Survival [Winning]
 - 2. Mission accomplishment, possibly in the face of human aggression.
- So how do you do it? Consider these factors.....



Officer Survival

Alertness

- Alertness:
- Maintain a circle mentality (be aware of 360 degrees, identify what is not appropriate. Trust your gut feeling! Avoid tunnel vision unless it absolutely necessary.)



Officer Survival

Decisiveness

- Be Decisive
- Have a plan and know what you are supposed to do.
- Use every available opportunity to train. Don't just wait for "official" training sessions.



Officer Survival

Positive Aggressiveness

- In the face of violent attack, you will do one of three things: fight, flight or freeze. How do you keep from freezing? – by having the acquired skill (proficiency) to deal with it.
 - Counter-attack. In order to effectively do this, it is....
 - Critical to have the skill. You gain skill through training but you enhance it through practice.
-



Officer Survival

Positive Aggressiveness

□ There are three types of skills:

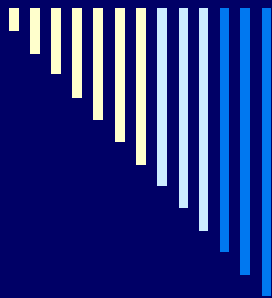
- Acquired skill (proficiency) – maintained through practice
- Diminished skill – you might be able to respond quickly
- Perishable skill – only a marginal competency



Officer Survival

Positive Aggressiveness

- You have to practice and train. It is the only way to truly become and stay skill proficient.
- It is your responsibility No one can or is going to do it for you.



Officer Survival

Speed

- Speed (how fast do you react?)
- Speed is reaction time and is a result of:
 - Fitness
 - Genetics
 - Mental agility (reading is the best way to increase mental agility)
 - Skill
 - Training
 - Practice



Officer Survival

Confidence & Directness

- Confidence

- If you know you can and you must – you probably will
- Properly assess the situation
- Immediately react with appropriate action

- Directness

- Having a course of action and doing it
-



Officer Survival

Surprise

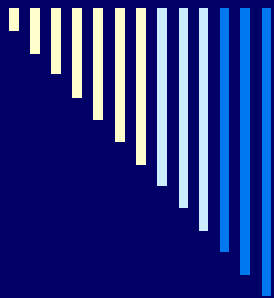
- Even though the offender has the initiative, the officer (you) has the opportunity for tactical surprise...
- ...the offender sees you a certain way (paradigm) – you need to move out of that paradigm and you will gain tactical surprise/advantage.



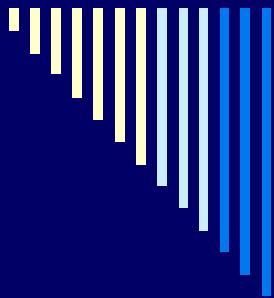
Officer Survival

Ten Fatal Errors

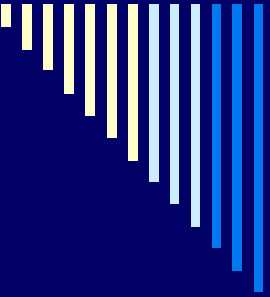
- The Ten Fatal Errors That Have Killed Experienced Lawmen:
- 1. YOUR ATTITUDE - If you fail to keep you mind on the job while on patrol or you carry home problems into the field, you will start to make errors. It can cost you or other fellow officers their lives.



- 2. *TOMBSTONE COURAGE* - No one doubts how courageous you are.. But in any situation where time allows – WAIT for the backup. There are very few instances where, alone and unaided, you should attempt to make a dangerous apprehension.



- 3. *TAKING A BAD POSITION* - Never let anyone you are questioning or about to stop get in a better position than you and your vehicle. There is *never any such thing as a routine* call or stop.

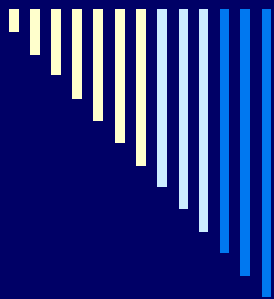
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- 4. FAILURE TO RECOGNIZE DANGER SIGNS - As a law enforcement officer, you will recognize “danger signs.” Movements, strange cars, warnings that should alert you to watch your step and approach with caution. Know your beat, your community, and watch for what is “out of place.”



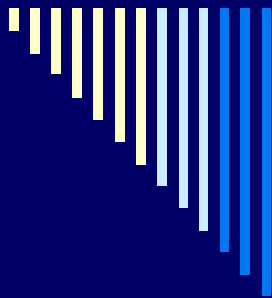
Officer Survival

Ten Fatal Errors

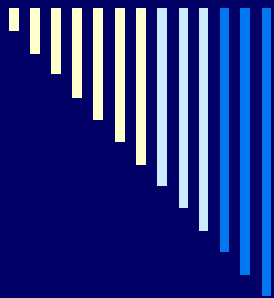
- 5. NOT ENOUGH REST - To do your job you must be alert. Being sleepy or asleep on the job is not only against regulations, but you endanger yourself, the community, and all your fellow officers.



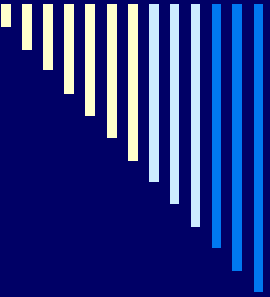
- 6. FAILURE TO WATCH HANDS OF A SUSPECT - Is he reaching for a weapon or getting ready to strike you?
- Where else can a potential killer strike but from his hands?

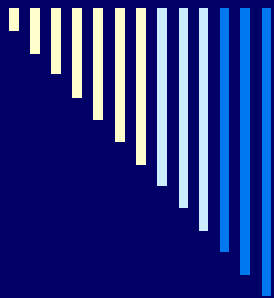


- 7. RELAXING TOO SOON –
- One example is the great number of false alarms that are accidentally set off.
 - Don't walk in and ask if the place is being held up. OBSERVE the activity.
 - Never take any call as routine, or just another false alarm. It's your life on the line.



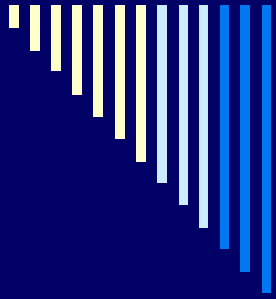
- 8. NO SEARCH OR POOR SEARCH -
There are so many places to hide weapons that your failure to search is a crime against your fellow officers. Many criminals carry several weapons, and are prepared to use them against you, or anyone else.

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- 9. IMPROPER USE OR NO HANDCUFFS Once you have made the arrest, properly handcuff the prisoner. See that the hands that can kill are safely cuffed.



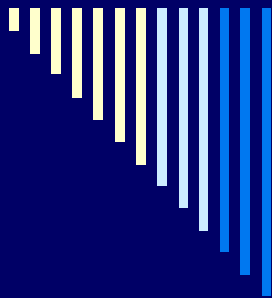
□ 10. DIRTY OR INOPERATIVE WEAPON

- Is your gun clean? Will it fire? Are you sure?
- How about the ammunition? When did you last fire? What's the use of carrying any firearm that may not work?



Tactical Considerations

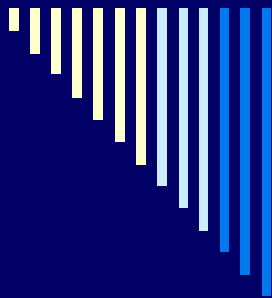
Important Tactical Considerations



Officer Survival

Tactical Considerations The Approach

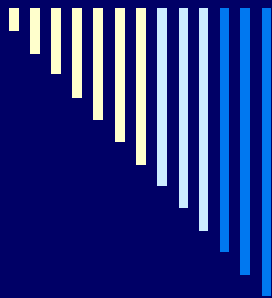
- ☐ Do I wait?
- ☐ Do I engage?
- ☐ Do I disengage?
- ☐ Consider these questions:
- ☐ Is approaching necessary?
- ☐ Are there obvious dangers in approaching?
- ☐ Who is the subject?



Officer Survival

Tactical Considerations
The Approach

- ☐ What help is available?
- ☐ When and where is the contact taking place?
- ☐ Am I tactically positioned for a safe approach?
- ☐ Get your mind in check – Expect the Unexpected!

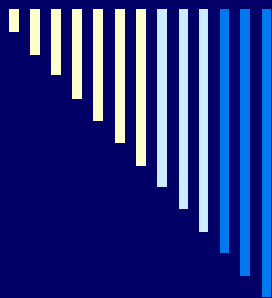


Officer Survival

Tactical Considerations

Kinds of People – YES/NO/MAYBE

- YES people are cooperative. You can get them to do what you want by words alone. If you must arrest them, they can be handcuffed in a voluntary fee-standing position.

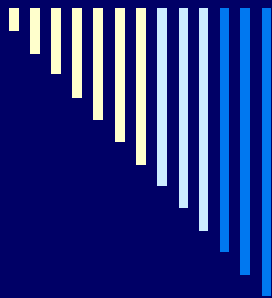


Officer Survival

Tactical Considerations

Kinds of People – YES/NO/MAYBE

- MAYBE people are undecided. They may comply because they're not sure whether you have the upper hand, the they're likely to be 'passively uncooperative' – moving slowly in response to your directions, looking for an avenue of flight, asking you to repeat instructions or asking a lot of procedural questions, maybe even tentatively pulling away a time or two.

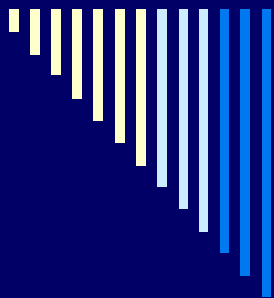


Officer Survival

Tactical Considerations

Kinds of People – YES/NO/MAYBE

- MAYBEcontinued:
- ...they frustrate the process while trying to make up their mind what they want to do. You may need some level of force with them.

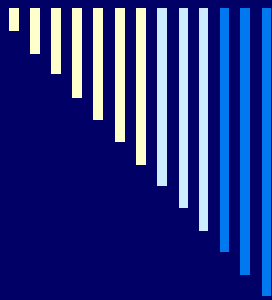


Officer Survival

Tactical Considerations

Kinds of People – YES/NO/MAYBE

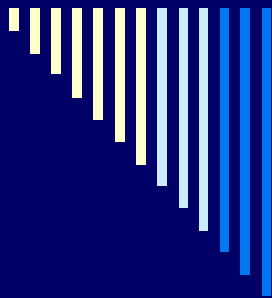
- NO people are actively uncooperative. They may run from you, repeatedly jerk away when you try to control them or violently flail, swing, kick, bite, scratch, spit, or otherwise assault you. Your goal is not to spar with them but to get them on the ground, controlled and handcuffed as quickly as possible.



Officer Survival

Tactical Considerations
Command Appearance

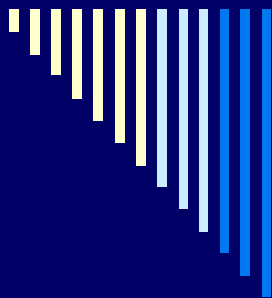
- Command appearance – the ability to portray professionalism and authority
- Uniform and personal appearance create an initial impression of professionalism and authority.



Officer Survival

Tactical Considerations
Command Appearance

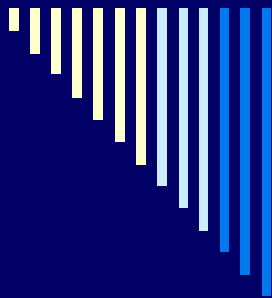
- Verbal Skills – You cannot communicate with everyone the same way. Learn how to communicate with different people
..Next to your mind, your ability to effectively communicate is your next most important tool.
 - Anything you say can affect your situation (for better or worse!).



Officer Survival

Tactical Considerations
Command Appearance

- Certain offenders who killed law enforcement officers felt that if the officers had been more “professional,” these officers may not have lost their lives.

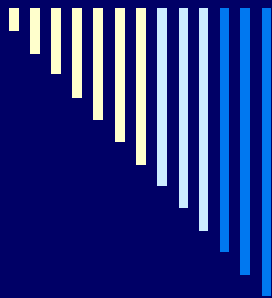


Officer Survival

Tactical Considerations

Pre-Attack Cues

- One-on-one confrontations:
- Strained voice sound
- Repeated phrases
- Sweating (no apparent reason)
- Mouth breathing (no apparent reason)
- Tightening the jaw, clenching the jaw
- Weight shifting

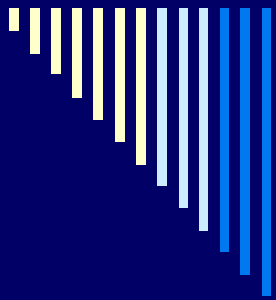


Officer Survival

Tactical Considerations

Pre-Attack Cues

- One-on-one confrontations:
- Fists clenching
- Shoulders rolling forward, bending of the knees, ducking of the chin
- Target glance
- Reaction hand distraction

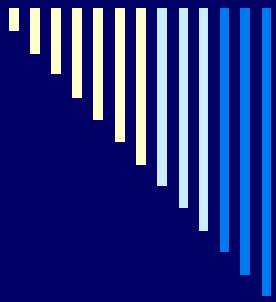


Officer Survival

Tactical Considerations

Pre-Attack Cues

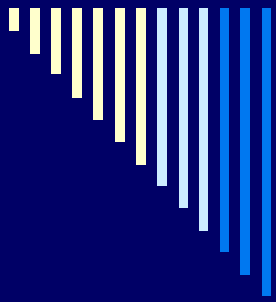
- Multiple Attacker Confrontations:
- Positioning relative to each other
- Secondary subject distraction
- Subjects glance at each other
- Unusual body language or terminology



Officer Survival

Tactical Considerations Fear

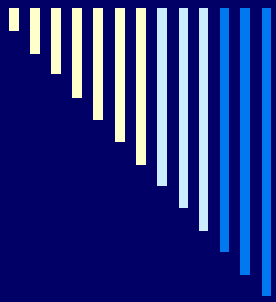
- ❑ Fear is not a bad thing
- ❑ Fear is a response to a perceived threat
- ❑ Prepares you for fight or flight response
- ❑ The response to fear is what counts
- ❑ When you experience fear, use it to your advantage



Officer Survival

Tactical Considerations Fear

- Every officer should seriously believe that when we focus solely on the danger or threat in terms of how vulnerable we are, we feel weak, helpless, and out of control.
- When we focus on our ability and capability to respond to the danger, we feel more balanced and in control and even RESOURCEFUL.



Officer Survival

Tactical Considerations Fear

- Consequently, coping with fear is a matter of accessing and focusing on one's ability and capability of responding to the danger, and not dwelling on one's vulnerability.



Officer Survival

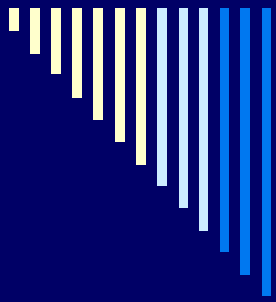
Two Important Factors

□ 1. Acknowledgement

- - that anyone can be attacked and become a victim, including you.

□ 2. Acceptance

- - that you are susceptible to being attacked and may have to fight for your life.
-



Officer Survival

The Critique

- After calls. Honestly ask yourself –
 - “How did I do?”
 - Make adjustments as you need to
 -



Officer Survival Tips:

- You can maintain a winning mentality by:
 - Learning to trust your instincts!
 - Understanding that reading people is one of your most important skills!
-



Officer Survival Tips:

- Reinforce your faiths, in God, family, mission and skills. Practice positive self-talk and crisis rehearsal in your mind. Reflect on who is responsible for your life and future and read and grow all the time. Attend to the now, ready, anticipating, vigilant.
-



Officer Survival Tips:

- Under stress in a crisis, you will instinctively revert to the way you have trained – good or bad.
 - To maintain your tactical edge, you must understand the thought process of an assailant. Understand the mental steps an adversary must go through to harm you – and the steps you must complete to defend yourself.
-



Officer Survival Tips:

- Your mind is the most dangerous weapon you carry on patrol. The extent to which it is prepared for a high-risk, high-stress encounter determines for whom it is dangerous. Properly prepared, it can be a paralyzing threat to your adversary. Unprepared, it can prove devastating to you or to your fellow officers because of its capacity, under stress, to mercilessly sabotage your performance.



Officer Survival Tips:

- Your mind and body act like a police partnership. There are physiological manifestations of what is on your mind and psychological manifestations to happens to you physically.
 - The mind-body partnership makes it possible for you to control stress and improve your decision-making.
-

Officer Survival Tips:

□ Increase your weapons awareness:



Officer Survival Tips:

- The greatest moment of risk to you is the moment of discovery (criminal activity, evidence, weapons, contraband, etc.)





Emotional Survival

- Are you prepared for:
 - Witnessing tragedies?
 - Dealing with anger?
 - Accepting the reality of the limits of law enforcement success?
 - Taking a life?
 - Witnessing the violence inflicted on a fellow officer?
 - Your world view to change?
-



Emotional Survival

□ Develop Coping Skills:

- Learn to recognize what you can and cannot control
 - Focus on what you can control
 - Practice optimism- most events have an up-side
 - Practice pro-active control of life events
 - Practice time management to ensure you have a personal life with friends and family
-



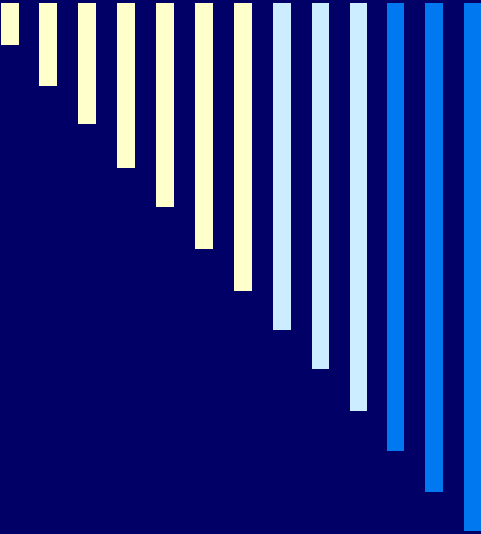
Emotional Survival

- Maintain or initiate a life-long physical fitness program. Aerobic activity quickly rebalances the stress hormones and allows for recovery from the effects of hyper-vigilance
 - Don't be a victim-based thinker
 - Remember the power of forgiveness
 - Make requests – don't give orders
-



Officer Survival

- ☐ Questions?
 - ☐ Comments?
 - ☐ Concerns?
-



Scenario-Based Training Simulations

**[Armed Individual, Domestic, Person
In Crisis, Vehicle Stops, DWI, Bar
Scene/Crowd Control, Arrest Warrant,
Civil Dispute, Stress Shooting]**



Officer Survival

Practicum

- The following six core abilities are tested during the practicum week(s) at the end of basic training. These core abilities are:
 - Make decisions
 - Use of tactics
 - Manage emergencies
 - Conduct investigations
 - Articulate and document facts
 - Interact with others
-



Officer Survival

Practicum – Core Abilities

- Make Decisions - an officer makes sound decisions when his/her decisions:
 - Are legal
 - Are ethical
 - Do not compromise safety of the officer or others
 - Do not compromise investigations
 - Resolve the situation, at least temporarily
 - Promote long-term problem-solving
-



Officer Survival

Practicum – Core Abilities

- Use of Tactics – an officer uses sound tactics when he/she:
 - Makes an effective tactical evaluation
 - Deploys resources appropriately
 - Maximizes use of cover & concealment
 - Uses appropriate positioning & movement
 - Uses appropriate intervention options
-



Officer Survival

Practicum – Core Abilities

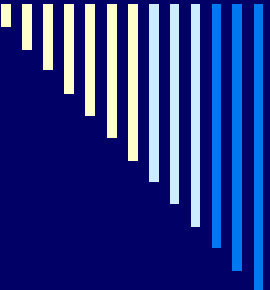
- Manage Emergencies – an officer manages emergencies effectively when he/she:
 - Takes charge
 - Determines priorities
 - Stabilizes the scene
 - Preserves life and evidence
 - Identifies additional resources needed
 - Returns the scene to normal
-



Officer Survival

Practicum – Core Abilities

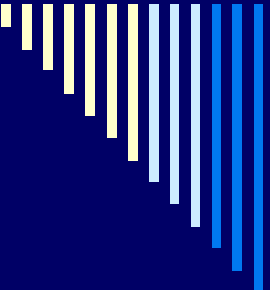
- Conduct Investigations – an officer conducts effective investigations when he/she:
 - Assesses and stabilizes the scene
 - Identifies and locates victim(s) and witness(es)
 - Conducts effective interviews and interrogations
 - Identifies, collects, and preserves physical evidence
-



Officer Survival

Practicum – Core Abilities

- Articulate and Document Actions – an officer effectively articulates and documents actions when he/she:
 - Prepares useful field notes
 - Prepares written reports and completes associated paperwork
 - Explains the rationale behind action taken
 - Testifies regarding actions taken



Officer Survival

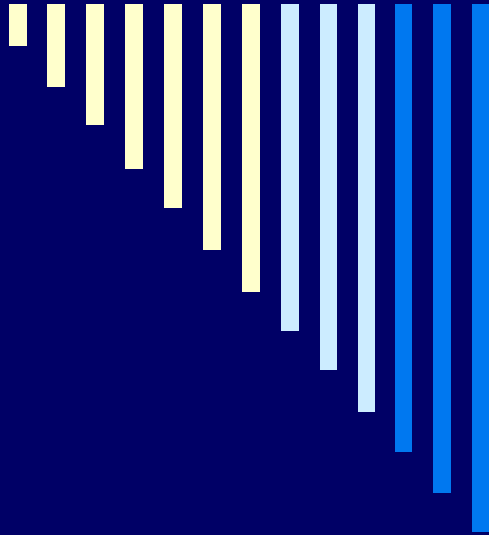
Practicum – Core Abilities

- Interacts with Others – an officer effectively interacts with others when he/she:
 - Shows respect
 - Exhibits a professional attitude and demeanor
 - Adapts to the situation and person(s) appropriately
 - Applies appropriate communication skills
-



Conclusion

- As we end, something to think about ...
 - If you knew that tomorrow you were going to be in a gun fight, how would you train today and how would you prepare yourself for tomorrow?
 - Tomorrow may be sooner than we think. Train hard, be aware, stay oriented, and be safe. Evolve to the ever-prepared and evolving state-of-the-art modern warrior.
-



Discussion –
Questions?

End
